

THE THEMES FOR THE CARE OF 0-2 YEARS (CRÛCHE/PLAYGROUP)

FOOD AND NUTRITION: (BREASTFEEDING & COMPLEMENTARY FEEDING) 0-2 YEARS – CRÛCHE/PLAYGROUP

ISSUES	PARENT&CAREGIVER	CHILD	CARING/LEARNING MATERIALS
1. BREAST FEEDING (Exclusive breast feeding 0 -6 months)	i. Discuss benefits of exclusive breast-feeding. ii. Practice Exclusive Breast-Feeding (EBF) in the first 6 months of life. iv. Discuss the importance of colostrum. v. Discuss wrong breast-feeding practices and the problems of breast-feeding e.g. cracked and sore nipple(s) etc. vi. The appropriate positioning of child during breastfeeding. vii. Extraction and preservation of breast milk. viii. Breast feeding in special cases e.g. (HIV positive mothers) ix. Medical advice for HIV/AIDs positive mothers.		<ul style="list-style-type: none"> • Cups • Spoons • TV clips • Soap • Water • Towel • Basin • Posters\Picture showing proper ways of breast feeding.
2. COMPLEMENTARY FEEDING (7-36 Months)	i. Child should continue to accept breast-feeding. ii. Discuss the meaning and examples of complimentary foods, such as, <ul style="list-style-type: none"> • soft foods • enriched pap • semi-solid • family food iii. Discuss the importance of complimentary foods to the mother iv. Process different food items suitable as complimentary foods. v. Produce nutritious foods from local sources. vi. Identify and provide supplements appropriate for the children e.g. vitamin A. vii. Identify signs of malnutrition in children. viii. Identify signs of food allergies. ix. Discuss some food preparation/processing methods e.g. heat treatment, soaking/cooking/fermentation, drying etc. x. Stages of feeding children with suitable complementary foods in the following order:		Various complementary foods: <ul style="list-style-type: none"> • Pap enriched with e.g. ground dried fish, crayfish, groundnut, soya milk. • Vegetables e.g. ewedu • Cooked and mashed beans • Mashed yam with oil • Rice • Cups • Plates • Spoons • Water • Charts posters of food items • Pictures of healthy/malnourished child • Soap • Edible green leaves • Carrot-Animal protein, egg, milk and fish

	ISSUES	PARENT&CAREGIVER	CHILD	CARING/LEARNING MATERIALS
		<ul style="list-style-type: none"> - start with very soft food e.g. enriched pap. -semi solid -family food <p>Practice the use of spoon and cup for feeding.</p> <p>xi. Problems with complimentary food e.g.</p> <ul style="list-style-type: none"> -child's refusal to accept complimentary food. -mishandling processes -malnutrition -reaction to food allergy -indigestion 		
3.	FOOD TABOOS/HARMFUL FEEDING PRACTICES	<ul style="list-style-type: none"> i. Identify harmful food taboos and practices within the community. ii. Discuss reasons why mothers should not discard the first yellowish breast milk (colostrum) iii. List the effects of harmful feeding practices related to children e.g. not giving meat or egg to children while eating. iv. Discuss the effects of some harmful traditional food taboos e.g. night blindness, kwashiorkor, rickets, obesity e.t.c. v. Discourage and discuss the effect of giving pre-lacteals and administration of local concoction to children. 	<ul style="list-style-type: none"> i) Say when he/she is ill. ii) Continue to accept breast feeding/feedings during illness. iii) Ask for what he/she likes to eat. iv) Accept ORT solution when ill. 	
4.	FEEDING DURING ILLNESS	<ul style="list-style-type: none"> i. Identify different childhood feeding illness. ii. Identify problems associated with feeding a sick child. iii. Encourage child to accept food during illnesses; give small portion at a time. iv. Identify the importance of liquid food to a sick child. v. Prepare and administer ORT/SS Solution for the sick child where need be. vi. Maintain hygienic conditions when preparing food and feeding the sick child. 		